

Lake Lynn Community Center Activities and Events

September -
December
2013

ARTS

Preschool

Art - Jumpstart Toddler Montessori

Age: 18 - 42 mths.

Come explore the wonderful world of learning as you guide your children through our classroom full of educational stations. From math and science centers featuring counting bears and enormous popping bubbles, to language arts centers featuring the works of Eric Carle and Dr. Seuss, your child will have so much fun, they won't even realize how much they are learning. Each week, students will be exposed to new educational concepts through a short musical lap-sit circle time and puppet show. Then students will be able to get creative with washable art projects. We will also explore "social stations" full of building blocks, cooking centers, train sets, puppets and more. Get a jump start on preschool! A separate materials fee will be due to the instructor at the first class meeting that includes a CD of music to take home. Parent participation required. Instructor: Rhonda Felton Manning, BS in Education. Material Fee \$30

#147161 Sep 30-Nov 4 M 9:00 AM-10:00 AM Course Fee: \$35

Art - The Colors of Fall by Toddler Time

Age: 2-4 yrs.

Come discover the beauty of Fall in this art class designed for little fingers. From creating a colorful fall leaf wreath to decorating spooking pumpkins, your child will have fun while learning in this center based mini-preschool for our smallest students. Each week, students will begin class with a lively musical circle time which introduces them for the day. Then they have the opportunity to experience a variety of washable art materials as they move at their own pace through our project centers. So come on down for a jump start on learning and more importantly, a great experience with your child. Each child will receive a CD of the music used in our class. A separate materials fee due to instructor at the first class meeting. Parent participation required. Instructor: Rhonda Felton Manning, Ed. in Education. Materials fee \$30.

#147163 Sep 30-Nov 4 M 11:00 AM-12:00 PM Course Fee: \$35

Music - Harvest Harmonies by Moving to the Music

Age: 18 - 42 mths.

The air is getting chilly, so turn up the heat in this lively class for our youngest music lovers. We will explore the magic of autumn through circle time songs, educational games and dramatic play for tiny toes. Your child will learn about pumpkins, fall leaves, apples, harvest time and many other fall concepts as we sing and dance our way through the season. Special events include arts and crafts projects, parachute games and much more! Each child will receive a music bag which contains a CD of the music used in our class. Parent participation is required. A separate materials fee will be due to the instructor at the first class meeting. Instructor: Rhonda Felton Manning, BS in Education. Materials fee \$30

#147164 Sep 30-Nov 4 M 10:00 AM -11:00 AM Course Fee: \$35

Ballerina Buttercups

Age: 3-5 yrs.

This class will introduce participants to the basic technique of ballet and tap. Dancers will get the chance to learn the beginning steps for both ballet and tap as well as interact with other children. This class encourages your child's interest in dance by engaging, stimulating, and focusing their natural energy and expressiveness! Ballet and tap shoes are not required.

#147106	Sep 6-27	F	10:00 AM-11:00 AM	Course Fee: \$40
#147107	Oct 4-25	F	10:00 AM-11:00 AM	Course Fee: \$40
#147108	Nov 1-22	F	10:00 AM-11:00 AM	Course Fee: \$40
#147109	Dec 6-20	F	10:00 AM-11:00 AM	Course Fee: \$30



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ARTS (cont)

Youth

Belly Dance for Kids

Age: 6-12 yrs.

Participants will discover the beauty of age-appropriate belly dance while increasing physical activity, coordination and flexibility. Movement and footwork will be taught in a fun, engaging environment, using fun accessories such as veils and belts. Participants will discover a beautiful world of dance and music as they learn, exercise, and have fun together! Participants should wear comfortable dance or exercise attire - accessories will be provided.

#146477	Sep 21-Oct 12	Sa	11:00 AM-11:45 AM	Course Fee: \$40
#146478	Oct 26-Nov 16	Sa	11:00 AM-11:45 AM	Course Fee: \$40

Drama - Preparing for the Stage

Age: 9-13 yrs.

Speech and singing essentials to prevent injury to the voice and to create the most beautiful and free sound to wow the crowd can start with this class. Small groups, pairings and one-on-one with the instructor on stage with and without amplification, we will work on basic skills that are the backbone of healthy vocal performance.

#147649	Sep 7-28	Sa	11:15 AM-12:00 PM	Course Fee: \$55
#147650	Sep 7-28	Sa	12:00 PM-12:45 PM	Course Fee: \$55

Adult

Knitting Basics

Age: 18yrs. and up.

Come explore the world of knitting! In this introductory course, you will learn the basic skills to start your first knitting project. Students will learn terminology, how to knit, purl and bind off, and how to use basic tools. By the end of the class you will have created a fashion forward scarf that you can be proud of. See what you can make! Students should bring 1 skin of yarn and knitting needles (#8, #7 or #6).

#148044	Sep 9-11	M, W	6:30 PM-8:30 PM	Course Fee: \$30
#148045	Nov 4-6	M, W	1:00 PM-3:00 PM	Course Fee: \$30

EDUCATIONAL

Adult

The ABC's of Apartment Renting

Age: 17yrs. and up.

Please join The Triangle Apartment Association and their panel of industry experts for an evening of education on apartment living from selection to responsibilities. The seminar has something to offer for even the most experienced renter but specifically designed for the young adult embarking renting on their own. This is an excellent opportunity for guardians and young adults to learn more on all the aspects of renting. The program will begin with the initial search and questions to ask to ensure your new home will meet your needs. We will explore responsibilities of both the renter and the landlord and common requirements under a lease agreement. The last 15 minutes of this course will briefly dive into the many careers available in the industry. Please note that legal advice will not be provided. Walk-ins accepted, but pre-registration is encouraged to ensure enough handouts for all.

#147646	Sep 25	W	7:30 PM-9:00 PM	Course Fee: FREE
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FITNESS

Adult

Aerobics – DanceFit

Age: 18yrs. and up.

Join instructor Pat Sorrell for a full body workout designed for ladies of all ages. Starting out slowly, through small dance routines (series of exercise patterns to music), we begin to build our endurance and our strength, gaining a new positive awareness of our bodies.

#146486 Sep 10-Dec 5 Tu, Th 5:45 PM-7:00 PM Course Fee: \$120

Belly Dance for Exercise

Age: 18yrs. and up.

This class will introduce you to the mysteries of belly dance. You will learn what to do with your hips, torso, arms and belly while moving to exotic Middle Eastern music. These movements take you from gentle stretching to aerobic shimmies and will have you burning calories while having fun. Learn moves that are sultry, flirty, and graceful. You will have a new appreciation for the beauty within you and the power of your body. Class is 55 minutes long. Wear comfortable pants. Shoes are not worn in class. Kasha instructs. For additional information go to Kasha's website: www.kashabellydance.com

#146497 Sep 9-Oct 28 M 7:00 PM-7:55 PM Course Fee: \$88

Belly Dance Workshops - Lose Inches Before the Holidays!

Age: 18yrs. and up.

This series of workshops are designed to introduce you to the cardio and core training associated with belly dance. Each workshop will focus on a different area and work towards aligning your physical and mental strengths while also discovering your artistic abilities. No previous experience needed, no memorization required! Bring your hip belt or borrow one in class. Wear comfortable clothing and soft-soled shoes or bare feet. Feel free to bling out as long as you can sweat in your costume! Take one workshop or all six to finish with a knowledge of the 'secret steps' to belly dance perfection!

Graceful Arms

#146506 Nov 4 M 7:00 PM-8:30 PM Course Fee: \$15

Fascinating Torso Moves

#146507 Nov 18 M 7:00 PM-8:30 PM Course Fee: \$15

Hypnotic Hips

#146508 Nov 25 M 7:00 PM-8:30 PM Course Fee: \$15

Shimmy Off the Pounds

#146509 Dec 2 M 7:00 PM-8:30 PM Course Fee: \$15

Undulations and Stomach Rolls

#146510 Dec 9 M 7:00 PM-8:30 PM Course Fee: \$15

The Complete Package

#146511 Dec 16 M 7:00 PM-8:30 PM Course Fee: \$15

Bollywood Dance for Fun and Exercise

Age: 18yrs. and up.

Kasha will be teaching the exhilarating and beautiful Bollywood dance style of India. Incorporating both traditional Indian styles like Banghra as well as western influences like hip hop, you'll find that Bollywood dance is fun and energetic, as well as an excellent aerobic exercise. Women of all ages, shapes, sizes, and fitness levels are welcome-come prepared to have fun, shake your shoulders and swing your hips to this contagious fusion style of dance. It is a style that is easy to learn with no previous dance experience. Kasha will be teaching a complete choreography in this class. Wear loose fitting clothing and soft-soled shoes or bare feet.

#146495 Sep 9-Oct 28 M 8:00 PM-8:55 PM Course Fee: \$88



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FITNESS (cont)

Adult

Exercise - Weight Room/Fitness Centers

Age: 18yrs. and up.

Check out the fitness rooms around the city! Take advantage of the variety of cardiovascular and strength training equipment available around the city and get into shape. The fitness rooms will be open during normal center operating hours. Participants must be 18 years of age or older. Please see staff for additional information.

#146642	Sep 1-30	Daily	Course Fee: \$15
#146644	Oct 1-31	Daily	Course Fee: \$15
#146646	Nov 1-30	Daily	Course Fee: \$15
#146686	Dec 1-31	Daily	Course Fee: \$15

Stretch and Tone

Age: 18yrs. and up.

This class is designed to strengthen your muscles and tone your body. We will use weights to build endurance and strength. All levels of participants will enjoy the benefit of stronger muscles. Once your muscles become stronger, they will be toned up for a longer, leaner look. This class is a great supplemental workout routine. Pat Sorrell instructs.

#146489	Sep 11-Dec 4	W	5:45 PM-7:00 PM	Course Fee: \$60
#146491	Sep 14-Dec 7	Sa	9:15 AM-10:30 AM	Course Fee: \$60

Yoga for All Levels

Age: 16yrs. and up.

This 75 minute class is designed to reduce tension and stress, and deliver total body serenity by balancing and strengthening of every system in the body. All levels are welcome. Pat Sorrell instructs.

#146492	Sep 12-Dec 5	Th	7:00 PM-8:15 PM	Course Fee: \$96
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Senior

Drumming for Fitness

Age: All Ages

Improve your physical and mental fitness, burn fat, and release stress all while having fun. We combine traditional no to low impact aerobic movements with the powerful beat and rhythm of drums. You will use foam drumsticks (provided) on chairs. This class can be adjusted for individuals seeking a higher impact aerobic activity.

#143632	Sep 4-25	W	9:00 AM-9:45 AM	Course Fee: \$8
#143629	Oct 2-30	W	9:00 AM-9:45 AM	Course Fee: \$8
#143630	Nov 6-27	W	9:00 AM-9:45 AM	Course Fee: \$8
#143631	Dec 4-18	W	9:00 AM-9:45 AM	Course Fee: \$8



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FITNESS (cont)

Senior

Seniorcise

Age: All Ages

Low impact exercises for adults 50 and over. Strengthen muscles and improve your movement for a healthier lifestyle. The goal of this class is to improve balance, flexibility and strength through stretching, light weights, and aerobic activity.

#144278	Sep 3-24	Tu	9:00 AM-9:45 AM	Course Fee: \$8
#144282	Sep 5-26	Th	9:00 AM-9:45 AM	Course Fee: \$8
#144279	Oct 1-29	Tu	9:00 AM-9:45 AM	Course Fee: \$8
#144283	Oct 3-31	Th	9:00 AM-9:45 AM	Course Fee: \$8
#144280	Nov 5-26	Tu	9:00 AM-9:45 AM	Course Fee: \$8
#144284	Nov 7-21	Th	9:00 AM-9:45 AM	Course Fee: \$8
#144281	Dec 3-31	Tu	9:00 AM-9:45 AM	Course Fee: \$8
#144285	Dec 5-26	Th	9:00 AM-9:45 AM	Course Fee: \$8

Family

Karate - Okinawan Shorin-Ryu

Age: 7yrs. and up.

A karate program to help improve your public speaking, leadership, balance, coordination, flexibility, and self-defense through the art of Okinawan Shorin-Ryu Karate-DO Okinawan and Kata.

#146458	Sep 4-30	W, M	6:00 PM-7:00 PM	Course Fee: \$44
#146459	Oct 2-28	W, M	6:00 PM-7:00 PM	Course Fee: \$44
#146460	Oct 30-Nov 27	W, M	6:00 PM-7:00 PM	Course Fee: \$44
#146461	Dec 2-18	M, W	6:00 PM-7:00 PM	Course Fee: \$33

NATURE

Preschool

Nature - Fall Harvest: Apples

Age: 3-5 yrs.

Have you ever wondered where apples come from? We get them from a grocery store but they are plants we can grow in our yards. We will learn about seeds, decorate a pot, plant a seed and take it home to watch it grow. Seeds will be provided or you can bring your own from your apple core. Pre-registration is required FOUR days prior to program. For more information, contact Nature Programs at (919) 831-6856.

#145619	Oct 2	W	9:30 AM-10:15 AM	Course Fee: \$5
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Family

Fall Foliage Walk

Age: All Ages

Join us on a nature walk through one of Raleigh's parks to see the beautiful fall colors. A Nature Instructor will point out wildlife and other things discovered along the trail. Fee applies to each participant; children under 16 should be accompanied by paying adult. Pre-registration is required four days prior to the program. For more information, contact Nature programs at 919-831-6856.

#145623	Nov 5	Tu	10:00 AM-11:00 AM	Course Fee: \$2
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SOCIAL

Preschool

Playgroup Tot Time

Age: 6 mths - 5 yrs

The gym is your playground! Come meet other families in your community in a recreation setting. The gym will be reserved for parents and their young children. Sports and recreation equipment will be available for use. This program is free and registration is required to attend.

#146407 Sep 4-Dec 18 W 9:30 AM-11:30 AM Course Fee: FREE

Youth

Halloween Boo Bash

Age 1M - 10Y

Get your costume ready and come out to be a part of DISTRICT 1's 6th Annual BOO BASH event! Visit one of our decorated vehicles for some trunk-or-treating; make a SPOOKTACULAR craft; try your hand at some FANGtastic games and just FALL into FUN! Come take a walk through our Spooky Bus (both scary and non-scary versions available). You can also visit our ghost story area. This event is sponsored by all of the District 1, BOO CREW Community Centers: Brier Creek, Greystone, Lake Lynn, Millbrook and Optimist. Don't miss out on this HAPPY HAUNTING event for the whole family!

THIS EVENT WILL BE HELD AT MILLBROOK EXCHANGE PARK

#144556 Oct 25 F 6:30 pm - 8:00 pm Course Fee: FREE

Holiday Cookies and Milk with Santa

Age: 2-8 yrs

Enjoy an afternoon with Santa! We will have cookies and milk for the kids and a holiday craft. Afterward, everyone will get a visit with ol' St. Nick! Pre-registration is required at least one week prior to the date of the event.

#146408 Dec 15 Su 1:30 PM-2:30 PM Course Fee: \$8

SPECIALIZED RECREATION

Family

Share the Love

Age: 21yrs. and up.

This program is designed to meet the needs of individuals with developmental and/or physical disabilities. Class participants will come together to make cards for their loved ones. Special techniques and materials will be used. Card Making for Teens is designed for ages 12-20. Card Making for Adults is designed for ages 21 and up. Materials provided. Contact Meredith Homlotis at 919-996-2149 with questions.

#147379 Dec 9 M 5:00 PM-6:30 PM Course Fee: \$5

#147361 Dec 9 M 6:30 PM-8:00 PM Course Fee: \$5



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SPORTS

Preschool

All Sports - Little Starters

Age: 3-5 yrs.

Want to try several sports? Little Starters introduces you to a different sport each week. Sports could include baseball, soccer, basketball, football, hockey, lacrosse and maybe others. Get your game on!

#146705	Sep 7-28	Sa	9:30 AM-10:15 AM	Course Fee: \$36
#146702	Sep 9-30	M	9:30 AM-10:15 AM	Course Fee: \$36
#146706	Oct 5-26	Sa	10:30 AM-11:15 AM	Course Fee: \$36
#146703	Oct 14-Nov 4	M	10:30 AM-11:15 AM	Course Fee: \$36

Baseball - Little Sluggers

Age: 3-5 yrs.

This class is an introduction in skills development that teaches the basics of baseball including fielding, hitting, throwing, and catching. Class will help develop your child's hand/eye coordination, listening skills, good sportsmanship and teamwork! Let's play ball!

#146715	Sep 7-28	Sa	11:30 AM-12:15 PM	Course Fee: \$36
#146714	Oct 14-Nov 4	M	9:30 AM-10:15 AM	Course Fee: \$36

Basketball - Little Shooters

Age: 3-5 yrs.

A skills, drills and play shooters class. Players learn the basics including dribbling, shooting, passing, one-on-one, offense-defense and team play fundamentals for a rewarding non-competitive sports experience.

#146720	Oct 3-24	Th	5:45 PM-6:30 PM	Course Fee: \$36
#146721	Oct 5-26	Sa	11:30 AM-12:15 PM	Course Fee: \$36
#146716	Nov 18-Dec 9	M	9:30 AM-10:15 AM	Course Fee: \$36

Hockey - Little Goalies

Age: 3-5 yrs.

This class is an introduction in skills development that teaches the basics of hockey including passing, shooting, and defense. Class will help develop hand/eye coordination, listening skills, good sportsmanship and teamwork!

#146725	Nov 18-Dec 9	M	10:30 AM-11:15 AM	Course Fee: \$36
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Lacrosse - Little Stix

Age: 3-5 yrs.

An introductory sports class that focuses on the fundamental skills of lacrosse. Participants will be introduced to lacrosse skills such as catching, feeding, passing, scooping, and shooting in a safe, non-competitive environment.

#146727	Sep 7-28	Sa	10:30 AM-11:15 AM	Course Fee: \$36
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Soccer - Little Kickers

Age: 3-5 yrs.

This class is an introduction in skills development that teaches the basics of soccer including drills such as passing, dribbling, and shooting. Class will help develop hand/eye coordination, listening skills, good sportsmanship and teamwork! GOAL!!!!

#146711	Sep 5-26	Th	5:45 PM-6:30 PM	Course Fee: \$36
#146710	Sep 9-30	M	10:30 AM-11:15 AM	Course Fee: \$36
#146712	Oct 5-26	Sa	9:30 AM-10:15 AM	Course Fee: \$36



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SPORTS (cont)

Youth

Baseball Skills for Beginners

Age: 6-9 yrs.

Play ball! This class will continue to develop the basics of baseball, including fielding, hitting, throwing, and catching. This class will help develop players for future league play, emphasizing good sportsmanship and teamwork as well as skills.

#146728 Sep 7-28 Sa 12:30 PM-1:15 PM Course Fee: \$40

Basketball - Anthony Greenup Basketball Clinic

Age: 6-12 yrs.

Anthony 'Airport' Greenup, former player for Shaw University and the Charlotte Bobcats, and current player for the world-famous Harlem Globetrotters, will be bringing his expertise to Raleigh in a basketball clinic created to excite both boys and girls about the game of basketball. His staff will work with participants through coaching and mentorship to teach technique, sportsmanship and attitude designed to make each player their best both on and off the court. T-shirts and refreshments will be provided, and participants will have a chance to get an autograph from Anthony himself! Pre-registration is highly recommended at least 7 days in advance of each clinic.

#146457 Sep 28 Sa 10:00 AM-2:00 PM Course Fee: \$45

Basketball Skills for Beginners

Age: 6-9 yrs.

Just can't get enough basketball? This class will stress the fundamentals of basketball with an emphasis on fun. Basic techniques of dribbling, shooting and passing along with other drills for ball control will be taught. Be prepared to sweat, learn and have a good time!

#146723 Oct 3-24 Th 6:45 PM-7:30 PM Course Fee: \$40

#146724 Oct 5-26 Sa 12:30 PM-1:15 PM Course Fee: \$40

Soccer Skills for Beginners

Age: 6-9 yrs.

Goal! This class will continue to develop the basics of soccer, including dribbling, passing and shooting. This class will help develop players for future team play, emphasizing good sportsmanship and teamwork as well as skills.

#146707 Sep 5-26 Th 6:45 PM-7:30 PM Course Fee: \$40

#146708 Sep 7-28 Sa 1:30 PM-2:15 PM Course Fee: \$40

Sports Skills for Beginners

Age: 6-9 yrs.

It's time to play! An introduction to several sports such as baseball, basketball, soccer, lacrosse, hockey, or more. Fundamentals of each sport introduced will be taught at an age appropriate level.

#146733 Oct 5-26 Sa 1:30 PM-2:15 PM Course Fee: \$40



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SPORTS (cont)

Tennis—Youth

Tennis Jr. Tiny Tots

Age: 4-6 yrs.

Eye-hand coordination games and fine motor skills are the focus of this fun introduction class. Please bring light, loose fitting clothing, non-marking sneakers and a 19' or 21' junior racquet. Racquets will be available to borrow if needed. Policy change - NO RAIN MAKEUPS! Class length is now 7 weeks instead of 6 and there are no rain makeups. The fee is still based on a 6 week class.

#146285	Aug 26-Oct 9	M, W	5:30 PM-6:00 PM	Course Fee: \$48
#146286	Aug 27-Oct 10	Tu, Th	4:30 PM-5:00 PM	Course Fee: \$48

Tennis Jr. Level 1

Age: 9-18 yrs.

No experience needed for this class. They will work on full swing forehand and backhand, volleys, overhead, serve, scorekeeping and the rules of tennis. To graduate to level 2, players must be able to serve 6 out of 10 in from the baseline, keep score and play a full court set. Please bring light loose fitting clothes, non-marking sneakers and a racquet. Racquets will be available to borrow if needed. Policy change - NO RAIN MAKEUPS! Class length is now 7 weeks instead of 6 and there are no rain makeups. The fee is still based on a 6 week class.

#147281	Aug 24-Oct 5	Sa	10:00 AM-11:00 AM	Course Fee: \$48
#147259	Aug 24-Oct 5	Sa	11:00 AM-12:00 PM	Course Fee: \$48
#147280	Aug 26-Oct 9	M, W	4:30 PM-5:30 PM	Course Fee: \$96
#147293	Aug 27-Oct 10	Tu, Th	5:00 PM-6:00 PM	Course Fee: \$96
#147282	Oct 14-Nov 27	M, W	4:30 PM-5:30 PM	Course Fee: \$96
#147304	Oct 15-Dec 3	Tu, Th	5:00 PM-6:00 PM	Course Fee: \$96
#147283	Oct 19-Nov 30	Sa	10:00 AM-11:00 AM	Course Fee: \$48
#147305	Oct 19-Nov 30	Sa	11:00 AM-12:00 PM	Course Fee: \$48

Tennis Jr. Level 2

Age: 8-18 yrs.

Requirements: Must be able to serve 6 out of 10 in from the baseline, keep score and have played a full court set. This class works on using full swing forehand, backhand, full swing serve, overhead, and good volley techniques while playing points. To pass, players must successfully demonstrate these techniques while playing a match. Please bring light loose fitting clothes, non-marking sneakers and a racquet. Racquets will be available to borrow if needed. Policy change - NO RAIN MAKEUPS! Class length is now 7 weeks instead of 6 and there are no rain makeups. The fee is still based on a 6 week class.

#147344	Aug 27-Oct 10	Tu, Th	4:00 PM-5:00 PM	Course Fee: \$96
#147343	Oct 15-Dec 3	Tu, Th	4:00 PM-5:00 PM	Course Fee: \$96

Tennis Jr. Tournament Team

Age: All Ages

Designed for junior tennis players who have learned all shots, this team will work out and train for level 5 futures tournaments with the intention of establishing or improving their state ranking. Players will meet twice a week, to hit a large quantity of balls, work on conditioning, balance, speed and agility. Players will be encouraged to do additional training on their own with other team members and to attend USTA/North Carolina Level 5 Futures tournaments. Scholarships are available through the Raleigh Tennis Association. Call for additional details.

#147401	Aug 27-Oct 10	Tu, Th	7:00 PM-8:30 PM	Course Fee: \$168
#147402	Oct 15-Dec 3	Tu, Th	7:00 PM-8:30 PM	Course Fee: \$168



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SPORTS (cont)

Tennis—Adult

Tennis Adult Level 1

Age: 18yrs. and up.

No experience needed for this class. You will work on full swing forehand and backhand, volleys, overhead, serve, scorekeeping and the rules of tennis. To graduate to level 2, players must be able to serve 6 out of 10 in from the baseline, keep score and play a full court set. Please bring light loose fitting clothes, non-marking sneakers and your racquet. Racquets are available to borrow. Policy change - NO RAIN MAKEUPS! Class length is now 7 weeks instead of 6 and there are no rain makeups. The fee is still based on a 6 week class.

#147417	Aug 24-Oct 5	Sa	9:00 AM-10:00 AM	Course Fee: \$48
#147416	Aug 26-Oct 9	M, W	6:00 PM-7:00 PM	Course Fee: \$96
#147418	Oct 14-Nov 27	M, W	6:00 PM-7:00 PM	Course Fee: \$96
#147419	Oct 19-Nov 30	Sa	9:00 AM-10:00 AM	Course Fee: \$48

Tennis Adult Level 2.0/2.5 Drills

Age: 18yrs. and up.

Must be able to serve 6 out of 10 in from the baseline, keep score and have played a full court set. Must be NTRP 2.0 or 2.5 level. To pass, players must successfully demonstrate these techniques while playing a match. Policy change - NO RAIN MAKEUPS! Class length is now 7 weeks instead of 6 and there are no rain makeups. The fee is still based on a 6 week class

#147467	Aug 27-Oct 10	Tu, Th	6:00 PM-7:00 PM	Course Fee: \$96
#147468	Oct 15-Dec 3	Tu, Th	6:00 PM-7:00 PM	Course Fee: \$96

Tennis Adult Level 3.0 Drills

Age: 18yrs. and up.

Must be at the NTRP 3.0 level or use full swing on all strokes during match play to enter this class. This is a drills class using all of your strokes. Topics may include topspin and under spin and slice on the serve. To advance to level 4, players must be at the 3.5 level or be able to hit topspin and under spin on both groundstrokes, under spin on both volleys and slice on the serve. Policy change - NO RAIN MAKEUPS! Class length is now 7 weeks instead of 6 and there are no rain makeups. The fee is still based on a 6 week class.

#147487	Aug 26-Oct 9	M, W	8:00 PM-9:00 PM	Course Fee: \$96
#147488	Oct 14-Nov 27	M, W	8:00 PM-9:00 PM	Course Fee: \$96

Family

Badminton

Age: 12yrs. and up.

Join us for some badminton! All abilities are welcome - Tuesdays and Friday evenings starting at 6:30pm and Sunday afternoons starting at 1:15pm! Cost is \$5 per day or a 10 pass for \$40.

Daily Fee

#146415	Sep 1-Oct 27 Su, Tu, F	1:15 PM-5:45 PM	Course Fee: \$5
10 Pass			
#146416	Sep 1-Oct 27 Su, Tu, F	1:15 PM-5:45 PM	Course Fee: \$40

Table Tennis - Open Play

Age: All Ages

Join us at Lake Lynn for a spirited game of table tennis - all abilities are welcome!

#146409	Sep 3-Dec 17	Tu	6:30 PM-9:00 PM	Course Fee: FREE
#146410	Sep 7-Dec 28	Sa	9:00 AM-11:00 AM	Course Fee: FREE



**Parks,
Recreation and
Cultural Resources**
parks.raleighnc.gov

Lake Lynn Community Center

7921 Ray Road, Raleigh 27613

919-870-2911

www.raleighnc.gov

Keyword: Lake Lynn

